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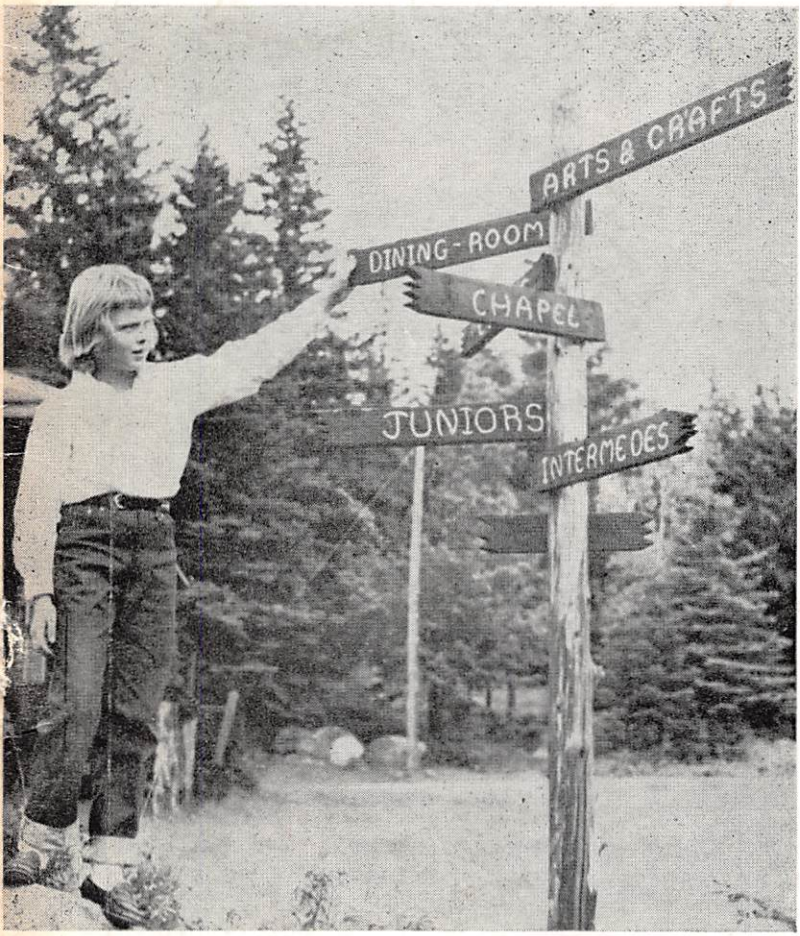
CANADIAN CAMPING

December 1961, TORONTO, CANADA



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COMPILED AND EDITED BY

ALAN KLEIN, and *IRWIN HALADNER,*

Professor Graduate School of Social Work, University of Pittsburgh.

Director, Camp Wabi-Kon

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The initial supply of 6000 reprints were sold within three weeks. Additional copies are now available at 75¢ per copy; 4-24 copies, 60¢; 25-49 copies, 50¢; 50 or more, 40¢.

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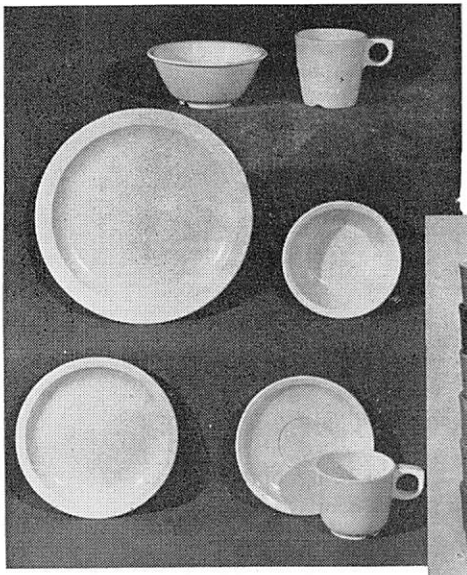

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CANADIAN CAMPING

Vol. 13 DECEMBER, 1961 No. 1

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EDITORIAL

CLOSED OCEANS

(Notes on an address given by Rev. Wilbur K. Howard at the Canadian Camping Association Conference, 1961)

Here is an incident that happened at Miami Beach. Miami Beach is the place where Floyd Patterson and Ingemar Johansson went to eat leather. A guest at the Fountainbleu Hotel asked the way to the ocean. The bell boy replied, "I am sorry, sir, but the ocean is closed." I wonder how many of us have closed oceans in the area of camping.

Reality — A Closed Ocean

Our present day civilzation has to struggle hard to hang on to reality. This is the day of the affluent society. We have an economy that is based on the money that people do not have but expect to get. Vance Packard talks about status seekers, the corporate caste system and the pecking order. Where are you on the totem pole? We have the symbols of status — the key to the executive washroom, the ulcer, the wall-to-wall headache, accreditation.

This is the day of homogenized magazines. Someone has pointed to an issue of a well-known national magazine which had nine pages in full colour of Renoir followed by a roller skating horse.

We seem to be searching for reality in the field of art. For instance, there is the art by accident school. The paint is not brushed on or even spread on with palette knife. It is squirted from a tube, trickled, poured, spattered, dripped, sloshed. A picture labelled *Haliburton Sunset* looks like scrambled eggs on a bed spring.

What evidence do we find in the Neo-gargoyle sculpture. A piece of this sculpture may be composed of discarded gears, pipes, bits of iron ore, steel plates, grating, cinders and slag. You gash it, melt it, score it, pit it, crumple it and soon you come up with a work of art.

We find the search for reality going on in the field of drama. Here we see the work of people like the angry young men, the writers with far-out phobias, and the roaring irreverence of Brenan Behan. Pinter and others write about people who can't communicate with each other, or somebody waiting for who knows what which never turns up.

What does a play like *Krapp's Last Tape* say about reality? This play portrays a feeble, nearly blind and deaf, solitary and half drunk, shabby old man who crouches in a squalid room eating bananas and playing old spools of his own voice on a tape recorder.

Then there is the search for reality in modern architecture. One editorial recently spoke of the "tepid ooze" of mediocrity in much mass architecture.

We are surrounded with hidden persuaders — subliminal gimmicks — Mr.

Kleen, Mr. Coffee Nerves, toothpaste for those who can't gleam after every brush.

In spite of the do-it-yourself trend we tend to let others do it for us in the field of music. Here we seem to be losing out to mass production. Music seems to be one common thread that binds together all teen-agers. Music has a beat that arouses sympathetic response in teen-agers. "Jazz, said Mr. Behan, "is a tremendous experience to listeners. It kind of disrupts loneliness. When people hear good jazz, they know there are lonely people in the world besides themselves." Adolescence can be a lonely, wilderness experience. Adolescents are often so lonely that corporate togetherness is important for them. However, instead of letting teen-agers make music we mass produce it. Ask the teen-ager what his hobby is and his reply may be, "Record collecting."

We used to make our own radio with an oatmeal box and a crystal. Early Hi-Fi bugs messed around with tubes, resistors, condensers and built their own tuners and amplifiers. Now you can buy a neat, mass-produced, packaged hi-fi deal.

For nutrition we have the Metrical moment. Edgar Friedenberg has pointed out that some of us go through life saying, "I'm hungry!" when we mean, "Nobody loves me!" Alexander King writes of the man who spent $7,000.00 to have a psychiatrist tell him that in all his life he had never loved anyone and nobody had ever cared a rap for him.

Children soon learn about the unreality of relationships. The child comes out of his private world where everybody does things for him. Now he meets people as competitors, people bent on their own personal goals. If the child gets in the way physically, emotionally, vocationally, he may get stepped on. The child has to deal with differences — the differences between what he sees in himself and what others see in him; the difference between what he needs and what others have to give; the difference between what he gives and what others can accept. So the child is caught up in a jungle of relationships. He soon learns to put on a cover-up expression and play his cards close to his chest.

We find ourselves living in a filtering fellowship in a coffee-bean society. Our relationships last about as long as it takes to smoke a cigarette down to the filter and our relationships are often as shallow as the coffee in the cup which holds us together for the brief period while we drink it.

CAMP MUST KEEP OPEN A FEW BREATHING HOLES OF REALITY

Camp must provide elemental things — wind, water, trees, rocks, earth. Camp must provide honest fun not canned laughter or commercial gimmicks that are phoney and artificial. Camp must provide a community of friendship and co-operation — not a rat race. Camp must provide a community where there are relationships built on love, trust, mutual concern.

Space — A Closed Ocean

Ham in a capsule! This sounds like chicken in a basket. It of course refers to Ham, the astrochimp — the monkey which was sent up in order to investigate space travel conditions.

Scientists once thought man was a novel happening unlikely to have developed more than once in a universe throughout eternity. Now many people are beginning to think that somewhere out there we have neighbours. We have a new term—exosociety. By this term we mean intelligent life beyond

our solar system. At the moment we are not likely to come face to face with this intelligent life beyond our solar system because we have not solved the transportation problem. We need a rocket whose speed will compete with the speed of light. Maybe we can signal across the space in the meantime. It could be that intelligent life on some other planet has been beaming signals to us for the last ten million or hundred million years. Getting no reply they might have concluded that nobody was at home on earth.

If a two-way communication with intelligent life on some other planet is set up, we may have a situation where scientists will ask questions but not live long enough to hear the answers. Says Purcell, "But imagine that a reply to one of your messages was scheduled to be received forty years from now. What a legacy for your grandchildren." Edward Purcell, Harvard University, Nobel prize-winning physicist, has also said, "It's not so important whether we learn anything or whether we just hear 'one, two, three' or some other trivial message. Just knowing we are not alone would change our entire philosophical outlook."

Astronomer Frank Drake has suggested that perhaps a basic question may be. "Is there intelligent life on earth?"

It is strange that we who are on the threshold of space travel have so little space.

We live in crowded cities with modern cliff-dwellers living in high rise apartments. A crowd of course is a matter of how you look at it. In the subway a crowd is called congestion, in a nightclub called intimacy. But there is no getting away from the fact that our world is becoming crowded. We are talking about the population explosion.

There is another way in which we are crowded. People need psychological space—room to make up their mind.

CAMP CAN PROVIDE SPACE — PHYSICAL AND PSYCHOLOGICAL SPACE

What about your camp? Do you have a small property? Do you make a small use of a big properyt? Do you have civilization crowding in next door? Are your cabins crowded together? Do you make adequate use of your free space — lakes, rivers, woods, roads, airways?

And how are you off for psychological space in your camp. Do kids have a chance to make their own decisions? Or are they smothered and cramped with rules, traditions, fears, pre-tested, pre-digested dehydrated program?

Co-operation — A Closed Ocean

We are living in a world where we need to learn more about co-operation. We need to develop the habit of thinking that the other guy is not my enemy but rather he is my friend. We need the attitude that we have a lot more to learn from each other. In the camping field there are more than enough plans for us all. If I am hostile and say negative things about my competitor, I am the loser. Dirt thrown is ground lost. How can we co-operate in camping?

1. We can all show an overall concern for all children. We can work together to ensure that a camping experience is not denied any child who desires or needs such.

2. We can co-operate by sharing ideas with each other—ideas on administration, programme, leadership.

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F. M. VanWagner,
Camp Nominingue

The Private Camp

The private summer camp for boys or girls is essentially an educational institution and it follows naturally that its primary aims should be educational. This being so, there can be no moral justification for the establishment and conduct of a private camp as a business primarily for financial gains. This is not to say that a reasonable return should not be realized on the capital invested, but a private camp, as a private school, should place the high goals of education above all else.

It is just as essential that owners and directors of private camps should be educators, as it is that principals of private schools should be educators.

The owner of a private camp that over a period of years builds up loyalty on the part of campers, counsellors and parents, and that has gained public recognition as an organization, performing a worthwhile service in the field of outdoor education, has a definite moral obligation to provide for the perperpetuation of such camp for the benefit of generations of campers to come..

Anyone who establishes an educational institution, such as a summer camp, should not consider it solely as an asset that may be sold to the highest bidder whenever convenient.

Says who?

If you don't agree with some of our authors, why not write and tell the Editor about it. We'll be glad to have a little excitement — it keeps us from brooding about the fall-out!

Camping has numerous spokesmen. They are often specialists in various allied fields but few are actively engaged in actual camp operation, or are members of the camping profession.

Is it not about time our profession produced more leaders qualified to speak for organized camping? The camping profession is now of age but will not occupy its rightful place until camp directors exhibit more self-confidence and speak with assurance on all matters pertaining to organized camping.

For much too long we have looked to people outside the camping movement for new ideas. Tried and proven practices are frequently discarded in favour of some new idea which has yet to be tested in practice. If we would wait awhile, the advocates of this "latest thinking" may return with still another idea which they will urge us to accept as the ultimate truth.

The camping profession must do more of its own thinking if organized camping is to fulfil its unique mission in the field of education.

A Chilly Week-End But Worth Repeating . . .

WINTER CAMPING

Marion W. Searles, Captain
1 Winnipeg Air Rangers

A February week-end spent in the snow was a great experience for the 1 Winnipeg Air Ranger Flight. Sleeping and cooking out in the open culminated three year of various experiences of winter hiking and camping.

Because of the newness of winter camping as a group activity, especially for girls, and also because of the lack of authoritative written material on the subject, the group went into this activity rather slowly.

As a background the Rangers and their leaders had a good many years of lightweight and established camp experience. In the two previous winters the Rangers had camped at the Girl Guides Camp using one of the houses on the site as a base. This house was constructed for summer use but had an oil heater. The first year they slept and ate indoors and enjoyed winter hiking and snowshoe hikes across country. The following year they cooked some of their meals over an open fire out of doors and went on more snowshoe hikes.

Finally the group began looking forward to the challenge of a complete week-end spent out of doors. This was finally achieved.

Once the decision had been made the Rangers were very busy making the necesesary plans and doing research on suitable clothing, adequate but lightweight menus and transportation.

In the clothing department it was recommended that layers of lightweight woollen clothing were best, preferably worn over one-piece long woollen underwear. The outer garments should be of nylon or gabardine or other similar smooth material and should be roomy. It was agreed that stretchy ski slacks were not suitable for camping activities. They wore gabardine mitts over woolen mittens, wool hats or toques and silk or woollen scarves. Each girl had moccasins under which they wore three to four pairs of woollen socks and took a complete change of socks with them. It was agreed that flannel pyjamas were the best for night wear with a sweater worn over top.

Each girl took two sleeping bags, a woollen blanket and two ground sheets and slept on spruce boughs. Everyone was warm all night with

just the occasional shiver when they moved.

The one problem was keeping the feet dry when around the fire. While the snow had been cleared for an area of fifteen feet around the fire there was still snow frozen on the ground. This of course melted near the fire. Boy Scouting books recommend low rubbers over moccasins to prevent dampness. However, none of the girls owned these or could borrow them and it seemed a fairly expensive item for a limited use. Therefore, our group decided that plastic overshoes might work and they were quite successful. The girls on cook patrol took their moccasins off and slipped the overshoes on over their socks when they were preparing the meals. Girls not wearing these did not come near the fire area.

In the menu department, one-pot meals were stressed as well as pocket stews. They were very proud of the fact that all the supplies for the week-end with the exception of two loaves of bread and six quarts of milk could be packed and carried in one haversack with room left over. The milk and bread were bought at a store about a mile from camp. It was from this point we left our cars and walked into the camp as there were no cleared roads.

We had arrived at the campsite before noon and after a hot lunch of chile con carne over warmed hamburger buns the Rangers set to work preparing the campsite. Some collected wood for a wood pile, others cut spruce boughs for sleeping and others cleared snow away for the sleeping and cooking area.

The sleeping area was a horseshoe-shaped clearing surrounded by about four feet of banked snow. The banks were covered with ground sheets to prevent snow sliding down into the sleeping area. As it was very fine and clear the girls chose to sleep in the open with no cover over their heads but this proved to be a mistake. It was soon found that winter as well as summer can bring unexpected dampness as very damp snow fell after they were in bed. The ground sheets and the placement of the site in a sheltered area prevented a great deal of dampness but the snow falling on the faces was slightly uncomfortable. However no one was uncomfortable enough to stay awake and no one developed colds the following week. It was agreed that next year they would string up a ground sheet for shelter regardless of the cloudless sky.

Snowshoe hikes were the main activities for Sunday morning but unfortunately had to be curtailed a certain amount because of a sudden windy

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Try This in Your Craft Shop

BLUEPRINTING

What it is

This is a way of making a print of a leaf or pressed specimen, by following these simple instructions.

What you need

A. *Architect's blueprint paper for daylight printing* — It comes in large rolls. When you order it have the paper cut and packaged for you. Typewriter paper is 8½" x 11" and is a good size. *Do Not Expose the Paper to the Light.* Keep it wrapped in dark paper.

B. *Printing Frame*—a little larger than the paper that you use. A strong, wide picture frame can be reinforced at the corners, and fitted with a plywood back: Turn buttons fastened to the four sides of the frame will clamp the back in place.

C. Half a pound of Potassium Bichromate. (Keep in a glass jar.)

A. Place a pressed specimen (anything that makes a good silhouette and that isn't very thick) against the glass of your frame. Have the stems come to the bottom edge of the frame. Arrange a pleasing picture.

B. Place architect's blueprint paper with the sensitive side toward the glass, on top of your arrangement.

If necessary, put a sheet or two of cardboard or several sheets of newspaper between the blueprint paper and the stiff plywood back before clamping it in place. The closer the contact between the glass, the specimen and the blueprint paper, the better the blueprint.

C. Turn glass toward the sun until the paper turns from cream to blue and then to cream again.

D. Take the paper from the frame and immerse in the developing solution as quickly and evenly as possible. Leave for at least five minutes—more doesn't matter. The solution is made by dissolving one heaping tablespoon of Potassium Bichromate crystals in two gallons of water.

E. Wash your print thoroughly in clear water and dry between newspapers under slight pressure. (A pile of magazines or books.) Change the papers two or three times to remove the excess water. Press at least overnight in newspapers and under a weight.

Experiment with scraps of paper to get various intensities of blueness. Less exposure give a lighter blue, more exposure gives a deeper blue.

Brown daylight printing paper may also be obtained. It makes very effective prints also.

Reprinted from
The Young Naturalist

—●

WHEN THE HEART STOPS - - -

by
Kirk A. W. Wipper

Stoppage of breathing is an emergency which may be dealt with through artificial respiration. Much has been done to publicize, teach and propogate the most desirable methods of achieving revival of breathing. The recent direct, expired air, rescue or mouth to mouth method is an example. However the matter of dealing with arrest (the subject of this article) has not yet received wide public attention because it was generally considered to be an emergency out of the reach of the layman. Fortunately a simple teachable method called "closed chest cardiac massage" is now available and should be taught to persons thoroughly versed in artificial respiration and first aid.

Cardiac arrest may occur following heart attacks, drowning, choking, electric shock, drug sensitivity, inhalation of certain chemical vapours and other accidents. It can be detected by disappearance of the pulse beat. Prompt action is, of course, essential as the human brain can survive only three or four minutes without oxygenated blood. It may even be necessary, therefore, to apply artifical respiration and closed chest cardiac massage at the same time.

Essentially the method is that of squeezing the heart by pressing on the breast bone. This provides circulation to nourish brain tissues which deteriorate quickly without the vital blood supply. It also helps to maintain the tone of the heart without an operation. The method is assisted in an unconscious person because the chest of such a patient is remarkably flexible.

The result of applying pressure to the sternum, or breast bone, is to squeeze the heart between it and the vertebral column, thereby forcing blood into the circulatory system. When pressure is released the chest expands and the heart refills. In most cases the pulse can be felt as a result of this procedure.

THE METHOD

1. Place the patient in a supine position and, if possible, on firm support.
2. Raise the chin and extend the neck as for the direct method of artificial respiration. This step is to establish an open airway.
3. Place the two hands on the sternum, one above the other. The heel of the right hand is placed on the lower part of the breastbone over the heart. The left hand is placed on top of the right and both are pushed down with a quick, firm thrust, hard enough to push the chest in from one to three inches. This pressure should be vertical and exerted at the rate of 60 to 80 times per minute. The

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Urban Programmes Are Not . . .

DAY CAMPING

by Sigrid Day
Executive Director,
St. Andrew's Youth Centre, Montreal

"Are you going to Camp?"—"Where is your Camp?"—"Do you like your Camp?"—are typical questions many children between the ages of 9 and 16 answer to-day as naturally as they do those about school. Fathers—on the principle of the conditioned reflex—mentally reach for their cheque books, anxiously or resignedly, and mothers almost automatically visualize yards and yards of name tapes when the word "Camp" hits them. This word implies, and naturally so, leaving home, going away, going to the country, and doing this that can **only** be done in the country.

Camping is now an accepted institution in our culture, with its procedures and practices and prescribed tested roles for personnel. Manufacturers and retailers in various fields are alert to this and annually make huge profits from necessary clothing, equipment, food, etc. Insurance Companies have set up special protective coverages, Public Health officials provide pre-camp services, pediatricians and psychologists promote camping. In other words "Camping" is here to stay. It is a part of our way of life, and is fast becoming a part of our economy.

On the premise then, why is there so much confusion as to the purposes and procedures of Day Camp? We seem to be still at the stage, even with may years of experience behind us, where most organized and supervised day time activities engaged in by school age children in the summer months come under the heading of Day Camp.

Urban programmes can be very useful tools in working with young people but these should be dignified by an appropriate title based on clear cut aims and functions. Visits to museums, factories, swimming in in-door pools and supervised craft activities make good programmes and can stand on their own merits, particularly when operated on sound social group work principles, but they do not expose children to out-door living and do not aid in the development of skills for out-door life, except indirectly through the process of maturation.

The American Camping Association in its Day Camp Standards has a clear definition, which at the risk of over-emphasis, I quote:—

> **"Definition:** Organized Day Camping is an experience in group living in a natural environment. It is sustained experience carried on during the daytime under the supervision of trained leadership.
>
> Camping provides a creative educational experience in co-operative group living in the out-of-doors. It utilizes the resources of the natural surroundings to contribute significantly to mental, physical, social and spiritual growth."

"Natural environment and sustained experience" are the corner stones of Day Camping. What is needed to provide the maximum benefits for this type of experience?

1. A camp site in natural surroundings within easy daily travelling distance from the Base (approximately within a radius of 25/30 miles — travel time 1½ to 2 hours daily.)

2. Accessible water for swimming, swimming instruction and water safety education.

3. Sufficient acreage to allow for breaking up the camp into small "tent" groups as well as space for organized sports with scope for hiking and nature lore.

4. Facilities for the building of cook-out fireplaces, rest areas and toilets.

The above are simply the essential Structural bones. Senior staff, including the Camp Director, should have professional background but **must** have had camp experience. Camp-Counsellor ratio will vary with the special needs of the camper group but should in the main follow the standards laid down by the Association. It goes without saying that the Water Front Director and his staff must have the required qualifications, skills and experience.

Official clearance from the appropriate Public Health Authorities is absolutely essential before opening a new camp site or re-opening a former one, to ensure safety of both drinking and swimming water, and with this should go a report on the local drainage system. (Periodical reports during the summer on water safety levels should be a must.) If toilet facilities are lacking, portable chemical units are available on a rental basis in most large urban areas.

As well as providing a healthy environment for growth and development with fun, Day Camp can, and often is, utilized to prepare a child for the wider experience of country camping and separation from home. For many children this may be the first time of really experiencing a form of continuous country living. Many will be quite new to cook-outs, siestas under the trees and swimming, and many will never have known what roughing means. The satisfaction of walking barefoot in the grass and feeling the warm friendly earth under one's toes can do much to make the country, and leaving home, seem first of all less threatening and then a future treat. Bugs and worms which on television and city pavements may cause some apprehension when encountered face to face become interesting and friendly. Certainly one small boy known to me won a major victory on the day he returned to the Centre, clutching a bottle containing a not too lively fish, saying "Gee, you know I really gave this minnow artificial respiration." Many like him can take this first step between the independence of residential camps because of this foretaste of experiences and their security in the knowledge that as they move on they will be able to cope, and they have learned that strangers can be trusted and that home will be there after camp is over.

It would seem then that organizations running Day Camps and maintaining adequate standards must concentrate on educating the Public to their services. We have a commodity to sell, let's not hide our wares, let us plan a more agressive sales approach.

—●

FOR YOUR LIBRARY . . .

Reviewed by Mrs. G. W. Flynn

10c Crafts for Kids — Jane Wardwell

Of the many books written on crafts made from almost nothing, this one tops them all. Miss Wardwell has a very neat way of describing methods of making and doing, and conveniently divides the activities into age groups. Carving, Whittling, Paper Ornaments, Decorations for every season, are among the suggestions, as well as instructions for making an assortment of interesting pictures that could well be adapted to camp use. Concise instructions, well defined and clearly illustrated, help to make this a valuable handbook for the crafts instructor. G. R. Welch & C., Etobicoke, Ont. $2.95.

Resources for Bible Study and Prayer by Grace Loucks Elliott

Don't let the title of this one imply heavy reading, for within its seventy-two pages is a comforting source of worship material for many occasions and in many different situations, camp or elsewhere. Some of the prayers and salutations we know well; but Mrs. Elliott has gone further in outlining in simple style ways of using and study-the Bible, acquainting ourselves with the Prophets, and has gathered prayers, readings and litanies under such headings as Prayers for Peace, Opening and Closing Prayers, Prayers and Readings for Leadership, for a Candlelight Service, for Installation of Officers, World Fellowship and Social Responsibility. Usable words, these, that would bring meaning and grace to daily chapel or Sunday Services. Y.W.C.A. of Canada. 571 Jarvis Street, Toronto 5. $1.75

Living Like Indians—
Allan A. Macfarlan

For the camp programme director who takes seriously the rituals of our various Indian tribes and translates them into Pow-Wow Nights, "Living Like Indians," by Allan Macfarlan, contains the kind of authentic information which would make that programme a success. Mr. Macfarlan has lived among Indians of North America to gather from old Indian chiefs, medicine men and shamans, new information to show how these people lived, worked and played. Mr. Macfarlan has a twofold purpose in providing a handbook for leaders and chiefs, as well as a guide to any outdoors persons, young or old, man, woman, boy or girl. Not only does he concentrate on orientation and campcraft, pow-wow material, exploring and trailcraft, he also gives an unusual amount of attention to that very important part of nature programming—Adventure in Darkness. Two chapters on Indian land and water games make one regret that such a valuable book has never been written before.

"Living Like Indians" will serve to create a favorable attitude toward the Indian's way of life. His wisdom in coping with the vast natural surroundings is well portrayed. The reader is left with a sense of admiration for the Indians' methods and is challenged to learn and try the seasoned techniques in a modern camp setting.

G. R. Welch & Co.
Etobicoke, Ontario

WHAT IS NEW IN CAMPING?

Do not believe all you hear and read about new trends in camping. It is not necessarily true. In fact, what is new about camping? If we are correct in assuming that camping is living a simple life out of doors, my answer is not much, and thank goodness. Nature is not changing very fast. We are told that our climate appears to be getting gradually warmer, or is it cooler? Of this I have no knowledge, but I do know that day continues to follow night, the seasons rotate as they always have, birds fly south at the approach of winter and return with the spring, in fact, all we know of nature is unchanging. During winter and summer, we find the same things to enjoy in the out of doors that we have always known. On our canoe trip last September, the only changes we saw were those made by man. But our appreciation of the beauties of nature and the deep satisfaction gained for close contact with it, seems to grow as we return year after year to our favourite haunts. If we can impart to our campers some of the deep enjoyment we have known in our contact with nature and life out-of-doors, they will have gained something of camping's unique contribution.

If nature has not changed, perhaps some Camp Directors have. They may be less interested in camping than their predecessors were twenty-five or fifty years ago. This, some believe, is happening. If so, it is certainly a tragedy, for a director who has little personal interest in camping, nature and life out of doors, is not the best one to provide these things for his campers.

Is it not likely that many children today are getting more interesting experience camping with their parents in the many campsites now provided for public use than they get at their camp? Some of these children gain their first experience living in a tent and cooking over an open fire while camping with their parents. Can organized summer camps not capitalize on this awakened interest in camping by offering an even more challenging experience?

F. M. Van Wagner,
Camp Nominingue

Woodfire and Candlelight

To An Old Camper

Mary S. Edgar

You may think, my dear, when you grow quite old
You have left camp days behind;
But I know the scent of wood-smoke
Will always call to mind
Little fires at twilight
And trails you used to find.

You may think someday you have quite grown up
And feel most wordly wise;
But suddenly from out the past
A vision will arise
Of merry folk with bare brown knees
And laughter in their eyes.

You may live in a house built to your taste
In the choicest part of town
But some day for the old camp togs
You'd change your latest gown,
And trade it all for a balsam bed
When the stars all night look down.

You may find yourself grown wealthy
With all that gold can buy
But you'll know wealth ne'er can purchase
Those days 'neath an open sky
With fun, a sense of freedom
And camp friends standing by.

For once you have been a camper,
Something has come to stay
Deep in your heart forever,
Which nothing can take away;
And Heaven can only be Heaven
With a camp in which to play.

GREETINGS FROM THE PRESIDENT C.C.A.

We hope you had a wonderful camping season during the summer of 1961. If you had a good season the success was due to you, the director, and/or to the staff you had with you.

Sometimes the director can be credited with the success of his camp and at times we can definitely credit the good camp to a good staff. Of course without a wise and experienced director a camp cannot function as it should and the same can be said of the staff. They are both necessary and one cannot do without the other.

As the counsellors are in constant contact with the campers we have to depend on them to "do the job". On the other hand, there must be direction and coherence from above. Both have their place. They should have their place but they should not stay in their place. The director should never be too busy to keep a personal contact with his campers, to be close enough to know each child and to note his progress or lack of it. On the other hand, the staff or counsellors should not be kept to their own special fields but should be allowed to know what is going on in the larger camp area.

As the director, do not think for a moment you know all the answers. You are advised to keep close to the campers but you can never have the time nor the chance to be as close to them as the counsellors are. Make use of their experience and their knowledge of the campers and the camp. In other words, do not "box off" the jobs. You are all working for the campers and the camp.

The counsellors appreciate being brought in for their impression. They will present some good ideas. Arrange for regular sessions with them. Call them brain storming sessions if you will but use their knowledge; grow; keep abreast of the needs of the campers, the needs of the camp and the counsellors.

We do not take enough time to survey the past, the present situation, and the plans for the future. We must grow; we must change and improve our services as time goes on. Our campers are going to change and we should control the change and not let the changes come outside of our plans.

We must keep our camps as camps and not as summer resorts or hotels. There is the element of camping which is basic and we must not lose that. At the same time we will be pressured to make changes and changes will come in spite of anything we can do. We must guard against those which will alter the basic camping experience.

Changes will be made to suit others unless we have a plan for our own camp, a basic philosophy of what we are trying to do in our camp. What is the philosophy or plan of your camp? Have you an idea of what you are trying to do? Is it written down anywhere? Keep growing, but do not forget the basic elements of camping which should not be changed. Use your staff to help you maintain a close contact with the camp, the campers and the needs of all.

You need your staff and the advice of your staff just as much as the staff needs you, the director, to head up the organization. Make use of the staff when planning ahead. Provide leadership but do not do it alone. Do it as a team.

KEN MURRAY
President, Canadian Camping Association

1962 NATIONAL CONVENTION
AMERICAN CAMPING ASSOCIATION

Greetings to members of the Canadian Camping Association. The American Camping Association is aware of the great part played by members of the CCA in Camping. The New York Section, as host to the 27th National Convention of the American Camping Association, salutes you.

The programme committee of this Convention recognizes the broad interests of camping people, the differences of programme emphasis, and the present day trends which influence camp programme and enrollment.

With a program covering the critical questions that face everyone engaged in camping today, this Convention will be one that will be long remembered. Never in our history has there been a time when cooperation and social awareness were more important.

The speakers and leaders of seminars and small groups will be colorful personalities of experience, with much opportunity for everyone present to participate.

New York is an exciting city! The programme committee is taking advantage of this and plan a cook-out luncheon in Central Park at the Tavern-on-the-Green (available to those who register in advance, for accommodations are limited), a visit to the United Nations for those who are interested, and other unusual programme facets.

And, there's much, much more for you at A.C.A.'s 27th National Convention. You will refresh yourself with new ideas—re-examine your own programme—make new friendships and enjoy old friendships renewed.

Important people in camping will meet on the Sidewalks of New York during the week of March 6-10th, 1962. All of New York is waiting to welcome you.

Information about registration will be sent to all members of the O.C.A. shortly.

A Prayer for Bill

Please, God,
Give me wisdom and judgment and understanding;
Give me knowledge of when to help, and when to leave him alone to solve his own problems.
Keep me
From overemphasizing activity
And underemphasizing silence and solitude.
Help me
To awaken in him
a wholesome curiosity about this world;
To be sensitive to and interested in others.
Help him
To meet his disappointments and failures;
To accept his successes.
Help him
To be glad and anxious to do a little more than his share;
To be willing at times to be part of the chorus
and not always the centre of the stage.
Help him
To know he is loved and needed for the little things he does;
To be self-reliant
but to know when to ask for help.
Help him
To grow and to stand on his own two feet
And to be happy about it.

Theodora Jane Van De Mark, "A Prayer for Bill", Childhood Education, Vol. 25, January, 1949, p. 209.

LAGOON SYSTEM OF DISPOSAL FOR SUMMER CAMPS

W. M. Walkinshaw, P.Eng., Director,
Environmental Sanitation Branch,
Ontario Department of Health

E. Sanderson, P.Eng., Head Public Health
Engineering Section,
Environmental Sanitation Branch,
Ontario Department of Health

The problem of sewage disposal in any community is always a difficult one but this is particularly true at a summer camp. In many of the areas most desirable for camping, the land is well wooded and studded with lakes, and the terrain is rough. Frequently there is only a thin soil cover over the rock which slopes steeply down to the lake. As camp population increases the disposal of human wastes and waste water from the lanudry sinks and kitchens becomes more and more difficult. Where septic tanks and tile beds have been installed, and have become overloaded as the camp season progresses, the soil becomes clogged with solids from the poorly settled effluent from the septic tank, and refuses to accept any more liquid. The excess liquid drains toward the lake, creating wet and objectionable areas along its route. This is sewage which has received very little treatment, and is highly contaminated. It presents a serious health hazard on the ground on its passage to the lake, and there is a danger that it may contaminate the lake with pathogenic organisms which may reach the camp drinking water intake, or the bathing area.

Even though some form of disinfectant such as chlorination is used to protect drinking water supplies, nevertheless it must be emphasized that some of the organisms causing virus diseases can resist fairly high dosages of disinfectants for long periods of contact time. It is therefore essential that the camp director ensure that every possible barrier to the transmission of disease through drinking water is fully utilized. In certain circumstances a sewage lagoon may provide an economical means of safe sewage disposal for asummer camp. When circumstances are favourable the construction, operating and maintenance costs will be low and the efficiency of the sewage treatment high.

The purpose of this article is to discuss the factors which favour the use of lagoons. It is assumed that detailed planning and design will be done by competent sanitary engineers, who will evaluate the various factors involved in individual cases. This article does not give design data to enable a design to be drawn up for a particular case.

Before attempting to describe the sewage lagoon, or waste stabilization lagoon as it is often called, however, the objectives and processes of proper sewage disposal will be described briefly. Proper sewage disposal by avoiding contamination of the ground or the pollution of water erects a necessary barrier to the transmission of diseases through the medium of this discarded human waste. It also prevents the

creation of nuisances and objectionable conditions such as obnoxious odours and degraded streams.

A satisfactory method of sewage disposal then will not:

(1) Permit sewage to lie exposed on the ground where it will be accessible to children.

(2) Permit sewage to lie exposed on the ground where it will be accessible to rodents or insects.

(3) Contaminate a drinking water supply.

(4) Pollute any bathing water, fishing ground, or surface water used for recreational purposes.

(5) Create any nuisance or unsightly condition.

There are several fairly simple methods of sewage disposal which will accomplish these objectives economically. Among these might be included the earth-pit privy, the septic tank and tile bed or underdrained filter, and the waste stabilization lagoon. For any given set of conditions one of these will probably be more suitable than the others.

Sewage contains less than 1/10 of 1% of solid material. About half of the solids are organic in origin and half are inorganic. About two-thirds of the solids in the sewage are dissolved in the liquid phase of it, and the remaining one-third is suspended in the liquid. In the natural cycle of decay, bacteria and other minute forms of life utilize the organic materials in the sewage in their own metabolism, and in this process, which is an oxidation or burning process, the unstable components of the sewage are stabilized. The organisms referred to require free dissolved oxygen, and if this is used up the aerobes are replaced by anaerobes and the decay process then generates objectionable gases such as hydrogen sulphide and methane. The various sewage treatment methods are merely controlled applications of the same natural forces. An attempt is made to establish ideal conditions for the processes such that the time of transition to a stable material will be shortened.

Where soil conditions are such that sewage cannot be disposed of by privies, or in septic tank systems where the liquid is absorbed into the ground, it follows that there must be a treated effluent which must be discharged to waste, to a watercourse or a lake. The quality required to the effluent may depend to some extent on the type of receiving stream or lake. Where the volume of effluent is small, and it discharges to a large fast flowing stream of many times greater volume than that of the effluent itself, the standard required may be much less than where the stream is no longer in volume than that of the effluent itself. Where the effluent discharges to a lake, there may be a very considerable dilution factor, but the proximity of drinking water intakes or swimming areas may still require that an extremely high degree of purification be attained. In any system of sewage treatment where an effluent is dicharged to waste, the aim is to oxidize the unstable organic matter to stable products, to produce an effluent which does not have a high oxygen demand on the receiving water, and to reduce as much as possible the numbers of pathogenic bacteria which were in the original sewage. In any installation where an effluent will be produced the agency responsible for stream pollution control should be consulted.

Coliform bacteria are selected as an indicator of the whole bacterial population in human wastes because they are cheaply and fairly quickly identifiable in the laboratory. A properly

functional oxidation pond can reduce the coliform population of the sewage to 40% of what it was originally by the time the lagoon discharges to the stream. From this it may be assumed that a similar reduction will take place in the number of disease-producing organisms which may be in the original sewage, but it will be observed that this still leaves scope for pathogenic organisms to be discharged to the stream. If the stream is likely to be used by other people for drinking or swimming within a short distance of the point of discharge, chlorination of the effluent is required.

The waste stabilization lagoon is essentially a shallow basin in which raw sewage is exposed to the action of bacteria and protozoa under aerobic conditions which will encourage the rapid transformation of the putrescible organic materials in the sewage into stable inoffensive compounds. The lagoon contains what may be thought of as a living society in perfect balance. In the water of the lagoon will be found organic compounds in various intermediate stages between instability and stability. Feeding on this organic material are masses of aerobic bacteria and protozoa. In rich abundance in the water are microscopic green plants called algae. These tiny plants utilize the energy of the sunlight which penetrates the shallow waters of the lagoon to produce plant structure by photosynthetic action. Simultaneously oxygen is released by the algae. Additional oxygen is obtained from the air at the water surface. This oxygen is essential to the metabolism of the bacteria and protozoa and enables them to carry out the digestion of the organic matter. It will be appreciated that anything which interferes with any part of this series of actions and reactions will destroy the entire process. The bacteria will adjust their numbers to the available supply of food but they can only utilize this food if algae are present in sufficient number to provide the necessary amount of oxygen. If the sewage happens to contain something highly toxic to the bacteria they will die and the process will cease. If a very heavy cover of ice forms on the lagoon the amount of light will be greatly reduced and the photosynthetic action slowed proportionately, and again the action of the whole society will be affected due to the lack of oxygen. In fact the time when there is the greatest danger of odours arising from a lagoon occurs in the late spring when the ice is just coming off the lagoon. At this time the water has been shielded from the sun for several months by the ice cover and anaerobic conditions may have become established in the lagoon due to the depletion of oxygen. Then for a week or so the objectionable gases referred to earlier may be produced until algae growth is re-established and the oxygen balance restored. In a summer camp this should not be a problem since the lagoon is in use at the most favourable time of the year. Many lagoons are in use in very severe climates the whole year round and give entire satisfaction. It is probably correct to say that the present state of understanding of lagoon design was reached through the numerous installations in North and South Dakota and in our Prairie Provinces where the winters are very severe.

One of the difficulties with a lagoon in a summer camp is that at the beginning of the season the lagoon may be standing empty, in which case the wastes will spread over the area of the pond during the first two or three weeks' operation and may not attain sufficient depth to promote the growth of algae, prevent weed growth on the bottom, and prevent odourous conditions arising. This difficulty may be overcome, either by leaving the pond

full from the previous season if possible (taking leakage and evaporation losses into account) or alternatively by filling up the pond with water before the start of the season. When a lagoon is first started up, the establishment of proper conditions can be hastened by providing a small deeper sea area around the inlet pipe which will fill to the right depth quickly before allowing the liquid to cover the bottom of the entire pond.

In some locations with high annual evaporation and some loss through ground seepage, it may be possible to contain the entire season's output of sewage from the camp without any overflow going to a watercourse. Ground seepage should only be permitted, however, where there is no danger of polluting the reservoir of ground water which supplies another community with its drinking water. It would usually be preferable to locate the pond in impervious soil, or to render a sandy soil impervious by lining the pond in order to overcome the difficulty mentioned above, of obtaining sufficient depth in the early weeks of operation.

Selection of a method of sewage disposal for a summer camp will depend largely on the following factors:—

(1) The volume of sewage to be dealt with, including any special wastes such as those from laundry operations and kitchen wastes.

(2) The general configuration of the ground.

(3) The location of toilets, ablution rooms, kitchens or laundries, in relation to water supply sources or to the lake.

(4) The depth and absorptive capacity of the soil.

(5) The depth below ground surface of the watertable, or any impermeable layer either of rock or clay soils.

Before undertaking the design of any sewage disposal system the camp directorate should consult the appropriate health authorities. Their approval of the installation is necessary before it can be operated.

When considering the possibility of a sewage lagoon, one or two additional factors are involved:

(1) The area of land available.

(2) The characteristics of the watershed to which the effluent will discharge.

(3) The proximity of drinking water intakes or bathing areas to the point of discharge of the effluent.

(4) The extent of afforestation in the available land.

(5) The proximity of other residential communities.

(6) Selection of a site open to the maximum available sunlight exposure, and not too sheltered from wind action.

(7) Direction of prevailing winds.

In comparing the merits of the sewage lagoon with the other possible methods, construction operating and maintenance costs will be one of the main factors. It should be emphasized here that no attempt should be made to economize by utilizing a convenient depression and calling it a sewage lagoon. Maintenance of correct operating depth is vital to efficient operation, and the surface area which this entails may or may not coincide with the area available in the convenient hollow, but most probably not.

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CAMP SUBSIDIES

(Mrs.) Agnes Mutchler

WHAT -- FROM WHOM -- HOW MUCH

Before becoming Director of the Junior League Camp in 1948, Mrs. Mutchler was a volunteer and for two years a paid worker in the field of recreation. Since 1956 she has been year round Executive-Director of the Junior League Camp which is subsidized by the Junior League of Montreal Inc.

Organized Camping is a leisure time experience for people ranging in age from 3 to 90 years. Our Camp Directories list fees ranging from 'no fee' to $100.00 per week. Obviously a camp cannot operate on nothing, while it is easy to spend more than $100.00 to provide the kind of staff, buildings and equipment which seems to be required for present day campers. Subsidies of various kinds make it possible to provide camping for the middle and lower income groups. These subsidized camps are not necessarily exclusively for poor people but they certainly **must not be poor camps for** people.

In the Camping Associations, we tend to confuse both ourselves and the public with our somewhat arbitrary descriptions of camps which receive subsidies and those which are privately financed. The adjective 'organizational' is confusing because we are all organized camps. When we classify camp as 'Private and Non-Profit', there is the insinuation that all Privte camps are immediately profitable. No one refers to 'Private and Non-Profit Schools'. We do a disservice to the public with this category. Well-meaning people see in a camp investment a way to put their money to work for them with a minimum of time involved — 8 weeks — and an investment which immediately brings in the difference between a fifteen dollar fee and that of one hundred dollars. Nothing could be farther from the truth. We must be more realistic and provide the public with a true picture of the costs and hazards of camp investment. Several years ago our New England neighbours used the word 'subsidized' when referring to low fee camps because they thought it gave a more accurate picture of the financing.

It is almost certain that any Canadian Camp charging less than $40.00 per week is partially supported by subsidies. The value of these subsidies can be appreciated when we figure from private camp budgets, or our personal financial experience, the amount of money they represent. Subsidies are provided by one or more of the following:

- Public or Private Welfare groups
- Provincial or Municipal funds for campers, equipment or tax rebates
- Churches
- Service Clubs
- Women's Clubs or private donations

The subsidies provided are varied but all tend to relieve the financial burden. Here are some of the areas:

1. PERSONNEL

Some sponsoring groups draw their total staff from the parent organization on a voluntary basis. Since personnel

is reckoned at about ⅓ of the total budget, this is obviously a teriffic subsidy. As the need for specialists in health, program and administration grows in importance, there may be a factor of diminishing returns — but that is not part of this article.

Organizations such as the Boy Scouts and Girls Guides have Headquarters' staff, either volunteer or paid workers, who train and advise on camp volunteer help.

Group Work Agencies may or may not charge staff salaries to the Camp Budget, rather regarding it as an extension of their City Community Service.

2. FOOD

Quantity buying of food reduces costs somewhat for camps with a reasonably large population. Donations of provisions for less than wholesale prices are not as frequent as they were but still form part of the subsidy for some camps.

3. PROPERTY

Some organizations are presented with gifts of land for the camp-site. Any knowledge of real estate values shows the value of such a subsidy. The donor occassionally provides a tax fund and in several Provinces welfare camp land is free of taxation.

4. BUILDINGS

Service Clubs can frequently be prevailed upon to give buildings. "We could not take Mary Jones this year for lack of space", is the plea from a subsidized camp and YOIKS! another cabin. It is not that simple of course and it is sometimes very difficult to obtain the specific type of building needed. Plumbing facilities for instance are expensive — necessary but not a very popular subsidy.

5. EQUIPMENT

Sports equipment is not too hard to come by but other activity supplies and equipment are more difficult. Gifts of modern hotel-size kitchen equipment are not common but they are important for low cost cooking and satisfied kitchen staff.

6. UPKEEP OF PROPERTY AND EQUIPMENT

Volunteers may donate their time skills to maintaining three items. The value of this subsidy depends entirely on the craftsmanship and efficiency of this group. However, in opening or striking camp, this has actual monetary value.

7. OFF CAMP SUBSIDIES

Office space, equipment and professional secretarial help is frequently provided by the sponsoring groups. Members of Boards may provide free technical assistance or do volunteer office work connected with intake and records.

There are some camps which do not account accurately for the subsidies they receive. The value of these subsidies must be considered in setting the camp fees. No private camp could survive some of the careless accounting and haphazard planning that is too frequently the case of the low fee camp. Financial records can provide Board members and the sponsors with the exact costs of the financial operation for the previous year or years, and a reasonable basis for budgeting for the next season. Such costs, when accurately set out, can prove startling, for it is hard to realize that camp costs have followed only too closely the hideous rise in the cost of living.

Settting camp fees is an increasing problem. In reviewing the situation the sponsors may find that they require more subsidies if they are to

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WINTER CAMPING

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snow storm. This sped up our preparations for home. We were afraid that the three-mile camp road might close in with snow and that the highway could be icy so we wanted to drive the 105 miles in the daylight.

It was agreed that the week-end was a great success and has become a highlight of our year's activities. The leaders agreed that the Rangers were quite capable of tackling it again and that the winter camping presented no hazards compared with the task of driving to the site on the Trans-Canada Highway and this is not crowded in the winter as in the summer!

As a sum up, there were nine Rangers and two Guiders who spent from Saturday morning to Sunday afternoon 105 miles from the city in the peaceful beauty of our forests for a cost of $5.00 per person including gas for the cars. The temperature ranged from 15-20°F above and this was a little too warm. Temperatures closer to 0°F would have been more satisfactory and of course no falling snow. It was a challenge we tried, proved successful and are anxious for next winter to try it again. In the meantime, we will gain more experience in lightweight trip camping in the intervening months. While winter camping can not be a true lightweight camp because of the bulk of necessary clothes and sleeping gear, it was felt that every effort should be made to keep it as lightweight as possible, particularly if any distance has to be walked to reach the site. Much time is saved and more freedom felt if guides are not laden down with bulky tents and equipment.

Air Rangers is one of the four branches of Girl Guides for the girls between ages 15-21 years.

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from page 29

provide camp services for the low income group. They may decide to move into a higher income area. This is a dangerous move because it may mean competition for campers with the Private Camps. There is a comparatively small number of people in the higher income groups in Canada who can afford the fee that must be charged if the private camp owner is to receive any kind of a decent return on the money invested.

As usual this year, more children attended subsidized than private camps. This trend is increasing. It brings up questions that have to be answered by members of the Camping Associations. Are we providing subsidized camps for the right people? Are subsidized camps realistic about the costs of their camps? Are such things as seven day camps costing more than the value of the experience? Have we really defined the place of the subsidized and private camps in the total field? Are we being helpful or adversely critical of each other? Have we thoroughly explored the use of the camp-sites for longer periods — of making them pay part of the subsidy?

Organized camping should develop rather quickly as more leisure time is thrust upon Canadians. Camping is in competion with a host of other experiences for the recreation dollar. Desirable camping practices are essential to provide quality camp, and subsidies must be large enough to make this possible. It is important that we keep our camp programmes creative and the administrative cost absolutely realistic if organized camping is to flourish —both subsidized and no-subsidized.

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LAGOON SYSTEMS

from page 27

Some summer camps are sufficiently isolated that something less than complete treatment of the sewage would be acceptable, since the partly treated effluents will not be re-used. In these cases it is possible to build the lagoons much smaller than would be required for complete treatment, thus applying a bigger load of organic matter to a smaller area. When this is done there is a partial reduction of the suspended solids, the organic load, and the bacteria. It is emphasized however, that a partial treatment should only be undertaken on the basis of a very comprehensive assessment of all the circumstances, and should be done only with the acquiescence of the Health Department and any other interested agencies, (such as Water Resources authorities, Conservation, and Forestry or Agriculture Departments where these are concerned). Discharge of a partially treated sewage means that some stream will receive a high organic and partly putrescible loading which it may not be big enough to contain without a major change in the character of the fish and other aquatic life in the stream. In this connection, it should be noted that the overflow from an oxidation pond contains a high suspended solids content due to the algae which are carried over. It is sometimes necessary, where a high quality effluent is required, to pass it through a sand filter to remove the algae. Chlorination of water containing algae causes the death of the algae as well as the bacteria, and odorous conditions are then likely to arise, owing to the decomposition of the dead algae.

The initial cost of construction of an oxidation pond is by no means negligible, particularly if the area has to be cleared of trees, and the terrain is rugged, but it may well compare favourably with the cost of septic tanks and tile beds, or underdrained filters. Once constructed it is relatively simple to operate and maintain, maintenance consisting mainly of preventing weed growth around the edge of the pond. In larger lagoons serving permanent communities, variation in the depth at different seasons is often practised in order to take full advantage of the available light for algae growth, and sometimes to contain the winter flow when anaerobic conditions predominate in the pond. In the case of a summer camp installation, however, it is not always so necessary to have an outlet arrangement which permits the depth to be controlled. As pointed out previously, in fact, it may be difficult during the early weeks of the season to obtain sufficient depth at all, and a simple pipe overflow at the maximum level of the lagoon may be all that is necessary. The lagoon should be round or square in shape and not too elongated, with the embankments rounded at the corners (where a rectangular shape is adopted) to avoid stagnant pockets and accumulations of surface scum. Surface water should normally be excluded from the lagoon, although it may be useful at the beginning of the season to assist in providing the necessary water depth. Thus a structure which can permit or exclude the entry of surface water as desired, may be a useful feature. The lagoon should be located as far as practicable away from the inhabited quarters at the camp, as well as from other communities. A location should be selected which is away from the various areas used for camp activities, where possible.

Although it has been emphasized earlier that full assessment of the factors involved should be made by a competent sanitary engineer, it would be well for the camp proprietor to visualize for himself what would be entailed in the construction of a lagoon.

He should have a fairly accurate picture in his mind of what the finished lagoon would look like, particularly with regard to size, so that he can judge for himself whether or not it is a practical possibility. For this purpose it is proposed to give here some idea of the type of construction involved.

To obtain a preliminary idea of the size of the lagoon, it may be assumed that at least one acre will be required for each 300 camp residents. Thus if the camp is for 300 people the net size of the lagoon would be at least 220′ by 200′. For 200 people it would be at least 200′ by 150′ and for 100 people at least 150′ by 100′. These are the dimensions of the water surface, and additional area is required for the construction of embankments. The maximum depth of liquid to be allowed is 5′, above which an additional 2′ should be allowed for freeboard to absorb wave action which will take place when the winds are strong. The minimum operating depth of 3′ should be reached as quickly as possible. The top of the embankment should preferably be 8′ to 10′ wide if it is planned to use tractor driven maintenance machinery. Embankment slopes should be 1 vertical to 4 or 5 horizontal on the inside, and 1 vertical to 3 horizontal on the outside. It will be seen that this is quite a substantial embankment, though much of the material for it can probably be obtained from excavated material inside the lagoon area. The bottom of the lagoon should be as level as possible and there should be a depth of some 2′ of soil above the level of rock after excavation has been completed.

Consideration will have to be given as to whether the site which is available is above or below the residential areas. If above, it will be necessary to pump the sewage from the lower end of the sewer system to the level of the lagoon. The force main carrying the raw sewage should discharge into the centre of the lagoon, the pipe discharging vertically upwards or horizontally into a central depression. Any ditching which may be necessary to prevent surface run-off from getting into the lagoon must be taken into account. The type of soil in the area will have a considerable bearing on the cost, particularly if it is extremely sandy. In this case it may be necessary to draw in clay material for lining the lagoon to make it impervious. This is a point which should not be overlooked, as most lagoon failures have resulted from inability to keep sewage in the lagoon. The lagoon area should be declared out-of-bounds to other than the camp staff. It should be fenced if thought necessary for safety reasons.

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CLOSED OCEANS

from page 12

3. We can co-operate in public relations. We all stand together. One bad act on the part of one person in one camp reflects on all persons in all camps. If we are to get results with mass media such as T.V., radio, magazines, newspapers, we need to make a united approach.

4. We can co-operate in research. In Harvard University they have been conducting research in the psychology of learning. One night, quite late one of the men who worked in the lab. returned to check up on a piece of apparatus. As he entered the lab. he overheard these words from the plumpest and smartest of the white mice: "I've got this guy so conditioned that all I have to do is press a button and he feeds me." We need to do research in the field of camping. We need to find out who's doing what and to whom? A good example of co-operation was the social planning council 1959 study of 22 agency camps.

→

5. We can co-operate in evaluation. Self-appraisal should be continuous. We cannot be like the little boy who when he was asked, "Are your hands washed?" replied, "Yes. I washed them yesterday."

In camping we should have no place for futilitarianism. This is an Australian term meaning avoidance, at all costs, of rocking the boat. The futilitarian finds safety in the middle of the road, and in the unsinkability of the unrocked boat. He doesn't see that progress comes from the friction of ideas. "Thus the futilitarian team, safe in its uniform mediocrity, rows in perfect unison its unrocking boat, embedded in the middle of a concrete road, and encouraged in the illusion of movement by the passing traffic."

Evaluation involves threat. You may have to change. You may have to give up something. Some might even have to get out of the camping game.

Evaluation should be in relation to agreed-upon objectives.

Evaluation should not be merely judgmental, something to edge out competitors or to cancel out the faulty. Here again we need co-operation. How far are you willing to go to help another camp come up to standard. As far as providing consultation? As far as providing finance? As far as providing leadership?

6. We can co-operate in creative ideas. What is the next break-through in camping? Will there be something for the physically handicapped, the senior citizen, the mentally retarded, the emotionally disturbed? Will the break-through come in the field of family camping? Will we try "Go-it-alone" camping? Could we do something in the field of inter-faith camps? Perhaps the break-through should be in international camps? If we are really concerned about the people in other parts of the world why shouldn't we have campers coming from various parts of the world? Why shouldn't we want our Canadian campers to have the opportunity of rubbing shoulders with campers from India or the Congo or Hong Kong? *To sum up*—There are three levels in camping — property, programme, people. The most important level is that of people. Each person is important. Each person is unique, very special. A person is unique not because of his ideas but because he has his own life history. Most of our ideas are not original. Some of them might be as old as Plato. But each person has his own life history and that belongs to him and him alone. Each person has his basic drive, his psychological needs, his feelings, his sensitivities, his goals. But the core of each individual's being is his relationship to God and his fellow men. In this realm of man and his relationships to God and his fellow man, there are thrilling new oceans to be opened up.

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WHEN THE HEART STOPS

from page 17

fingers do not exert pressure.

4. When pressure is released the hands may be lifted a fraction of an inch from the chest.
5. The operator may take up position on either side of patient, whichever is more convenient. If possible it is better for the operator to be higher than the patient to reduce tiring. In this case the arms may be held rigid and some of the body weight used in applying pressure.
6. One hand is sufficient for application of this method to a child.
7. In some cases, if available, an acceptable patent airway may be used to insure passage of air into and out of the lungs.

8. If the dual problem exists, i.e., stoppage of breathing and cardiac arrest, the following procedure should apply: Ensure an airway and then inflate the patient's lungs with three or four quick deep breaths by the direct method. Now apply closed chest cardiac massage for about a minute after which the lungs must be ventilated again. This must be continued until someone arrives to take over one of the other methods.

Changes in the pupils of the patient's eyes will indicate adjustment in the patient's condition. Pupils should remain constricted or, if not, should become constricted. Of course the usual procedures in emergencies of this kind should be pursued. This applies in particular to summoning professional aid as early as possible, without jeopardizing the patient's life. The first problem is to deal with the patient's immediate and most pressing needs always. The provision of air in the lungs and the circulation of blood to brain tissues are absolutely mandatory. Are you and your staff prepared to supply these fundamental needs in case of an emergency?

—●

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No More Pots or Pans—
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WE SWITCHED TO PAPER SERVICE

by Joseph Kronick,
Director, Camp White Pine.

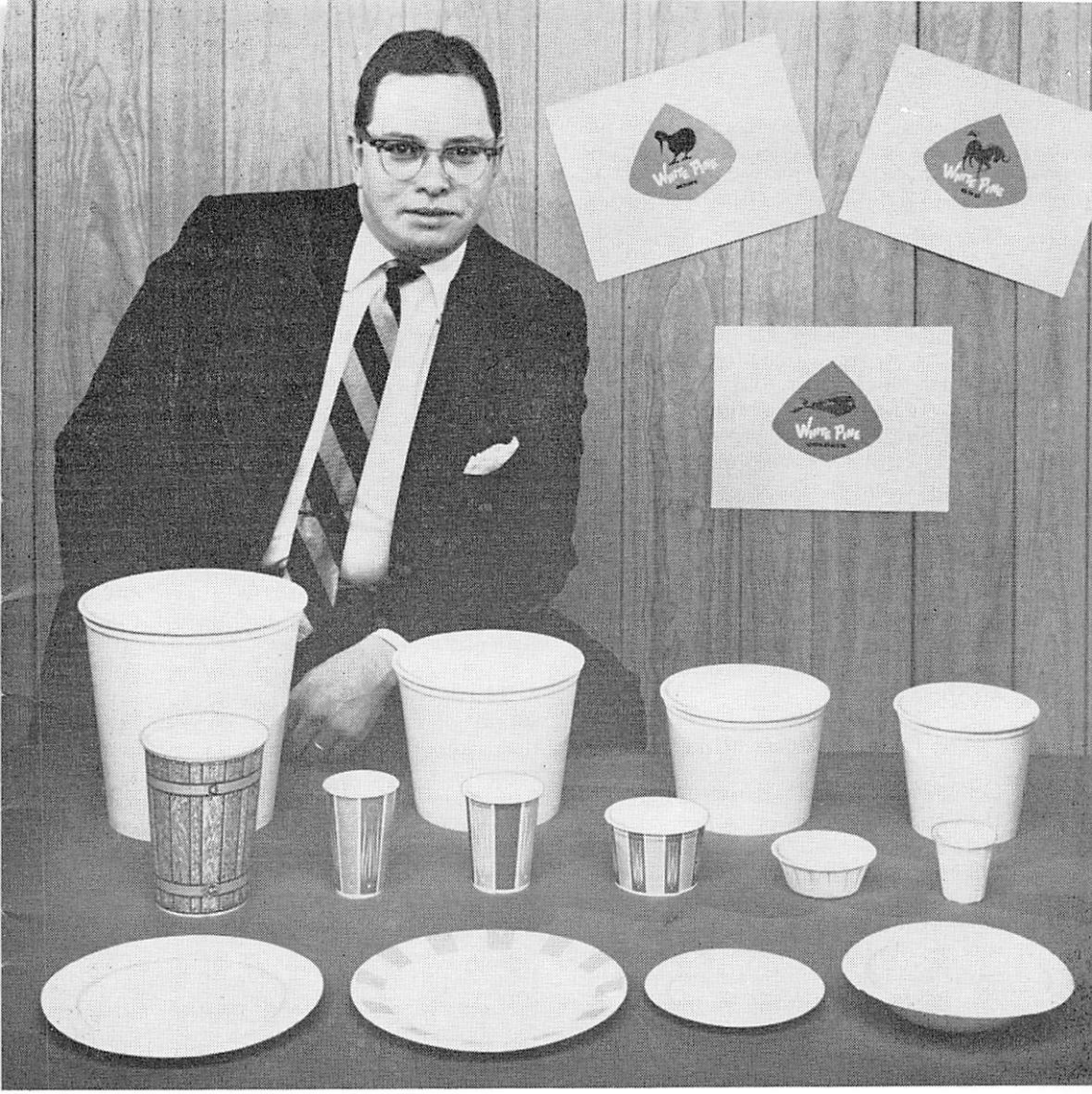
This past summer we made a momentous decision—we decided to experiment with complete paper service in our dining room at camp. Naturally, we were frightened of the cost, the consequences, and the public relations aspect, but were were intrigued with the possibilities.

We switched to paper primarily because of a desire to eliminate a labour problem. We wanted to avoid being dependent upon the whims and wishes of itinerant dishwashers. We also looked for a cleaner, quieter, more regularized operation. In our specific situation, our camp has grown to the point where our present dish-washing equipment was not really adequate for the job.

In a nutshell, we wanted to see whether the "kitchen headache", which is a potential plague to all of us in camping, could be somewhat alleviated.

This past summer we introduced and used sixteen different paper products. These included 5 oz. fluted juice cups, 6 oz. cold drink cups, 7 oz. hot drink cups. We used two types of plasticized cereal bowls for soups, stews, and cereal. We also had a 6-inch manilla plate for dry desserts (pies, cake, bread, jam, etc.) and a waxed fluted dessert dish for wet desserts. For the main course, we used two different types of plates, one a plain white manilla plate for dry items, cold cuts, sandwich meals, hamburgers and hot dogs, etc., and a 9-inch plasticized plate for all hot and wet items. We used three sizes of white serving tubs for hot cereals, soups, stews, vegetables, salads, and all our main courses. We also used 32 oz. waxed containers with plastic covers for jam, peanut butter, sugar, etc. (previously our kitchen staff had to fill our jam pots every morning; with these large sized containers, we filled them every third day).

The results we found in using paper service were completely satisfactory. Sanitation was improved as each item was disposed of after use. The noise level in the dining room was decreased considerably. There was much greater ease in table setting, service and clearing. Previously, eight waiters would require about 25 minutes to set the entire dining room. With paper service, one boy set the entire dining room in 45 minutes.



"Lily Paper Service Ended our kitchen headaches"

says Joe Kronick, Director of Camp White Pines, Haliburton, Ont.

Camp White Pines introduced sixteen different Lily paper products last summer in a drive to create a cleaner, quieter, more economically-run dining room. "The result of our experiment was completely satisfactory," says Mr. Kronick. "The noise level in the dining room decreased considerably. Previously, eight waiters required twenty-five minutes to set up our dining room. With Lily Paper Service, one boy set up the entire dining room in 45 minutes. Added to this were savings in food, laundry, and transportation costs on additional staff, and, of course, savings on detergents."

There's a complete range of Lily paper cups and plates to make your camp operation easier. These light-weight, economical Lily products mean an end to tedious dishwashing . . . save valuable space, time and effort. The Lily range provides plastic coated, non-absorbent plates that can't soak up gravies or moist foods.

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Lily

The saving on personnel this past summer was considerable. We were able to eliminate five people from our operation, three in the dishwashing end, and two waiters. For this coming season, we will be operating with ten less dining room and kitchen personnel as a result of paper service.

Space being at a premium in our kitchen, and with the possibility at hand of completely eliminating our dishwashing operation, we will now gain a little over 300 square feet and an additional 8 feet of counter service space. Insofar as the supply of paper products is concerned, we would keep about a day's supply on our kitchen shelves. Many of the items come in small enough containers so that they can be left in their containers with no possibility of dust or dirt collecting on them.

The financial aspect of paper service is very easy to figure out. There are savings, not only on the salaries of the staff that are no longer needed, but there is also the item of food, laundry, and transportation for these same staff. In addition, the cost of chemicals, detergents, the annual replacement of dinnerware, the repairs and annual check of dishwashing machine, the decreased cost of producing hot water (oil and electricity), plus the depreciation on the dishwashing unit itself, all have to be taken into account.

Paper service to us has meant the elimination of some potential headaches and problems. It has also provided us with additional space for campers. By eliminating five people this past summer, we were able to move some of our assistant specialty staff from camper cabins into the vacant spaces available, and at mid-season, we were able to keep some additional campers for the second month. The importance of this point to us is that we can eliminate ten people from our dining room and kitchen operation, and if we take in two or three more campers, we can more than offset the so-called additional cost.

Parent and camper response to the introduction of complete paper service has been excellent. We used the tulip design put out by Lily Cup and found that campers and staff immediately accepted this new service, recognizing the health and sanitation factors and cleanliness factors as being paramount. We circularized all the parents of our campers, informing them of our switch to paper products and, on numerous occasions during the summer, when parents had lunch with us, they commented favourably on the use of the paper products.

The convenience of having a ready supply of paper items also forgoes the necessity of having *anyone* in the kitchen or dining room in the evening. The person setting the dining room tables can do so and be finished very quickly after everyone finishes their supper. There are no dirty dishes that can be left in the kitchen when the staff have their evening snack (in our situation we have set up the staff dining room with a small cupboard holding the necessary paper and plastic items for the nightly snack so we no longer have to worry about irate kitchen help complaining of a dirty dining room).

In summing up, I might say that we switched to paper concerned about cost, concerned about camper and parent reaction, and wondering whether it would really work. Without a shadow of a doubt, we have found that the cost is not that great and that the total switchover provided me with more free time to be a camp director, and with less concern about my kitchen.

—●

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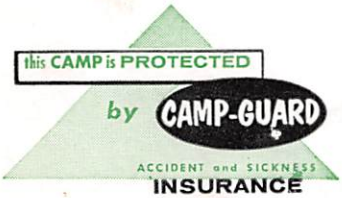

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